Health Topics

1.) Marriage + Divorce - who, why, latest research
2) Senior Citizens - advantages, disadvantages, programs, services, homes Nursing
(3) Eating Disorders - Anorexia Nervosa Bulimia etc.
4) Terminal Illness - Dr Kubler Ross (5 stages of death) - Euthanasia
(5) Sexually Transmitted Diseases - Gonorrhea, Syphilis, Herpes
(6) Aids - Is it the plague of the 80's
7) Insurance - health, auto, home, life, disability etc.
8) Funerals - different types, cost, religious + social significance
(9) Abortion - Freedom of choice - various methods
10) Right to Life - why this group feels abortions are wrong
11) Pregnancy - what takes place - Complications
12) Childbirth " " " "
13) Suicide - why, how - teenage suicide - what to do to help
(14) Birth Control - various methods
15) Sleep - Rems, physiology, dreams, nightmares, insomnia, snoring, sleep walking etc
16) Pollution - air, water, land, noise etc.
17) Problems of High School Seniors - Parents, opposite sex, school, alcohol, drugs etc
18) Nuclear Power - Pro - Cons - Cost
19) Rape, Battered Partners, Child abuse - who, why, solutions
20) Vitamins - Food addictions - vitamin needs, deficiencies, food preservatives, food fads + fallacies
21) Cardiovascular diseases - what are they, people of who gets them
22) Cancer - Types, how do men, women and children affected
23) Regulatory Agencies - social security, medicaid, medicare, IRS etc
24) Weight Problems - overweight, underweight, diets, effects etc
25) Why do people marry? Discuss problems associated with early marriage. Also problems that arise in a marriage + some possible solutions

26) Compare the 10 leading causes of death in U.S. today with the ten leading causes of death in 1900. Determine at least 5 possible reasons for the differences in causes.

27) Poll 15 students on whether they ever felt cheated by a health product they purchased. What did they do about it? Does the reluctance to take action promote quackery?

28) Research and report on the six regional organizations within W.H.O. & the particular health problems of each region, population growth, environment, health care costs, staff shortages & disease

29) What traits are most important for a man/woman today. Also what traits are men/women of today encouraged to develop which were not encouraged in the past.

30) Investigate & debate the topic "Marijuana should be legalized." What detoxification services are available for drug abuse?

31) Explain the difference between saturated & unsaturated fats. What factors account for the differences in metabolic rate among people. Also explain reasons why it is not a good idea to skip breakfast.

32) Debate the subject of organ transplants as a means for medical control over some disease processes. List the organs you would be willing to donate in case of sudden death. How would you feel as a recipient of another person's heart or other organ?

33) Explain the difference between a tornado watch & a tornado warning. Describe the steps to take when threatened by a tornado. Describe a hurricane & how to best protect yourself during one. Explain what to do if you are camped in an earthquake.

34) Research the historical methods of diagnosis and treatment of mental disorders. What are some examples of mental illness from earlier times no longer fit with contemporary definitions. How is our list of recognized mental disorders a reflection of our society & culture.

35) Identify & describe the four stages of sexual response in male & female. Identify Masters & Johnson. What are their major contributions to the field of research in human sexual response?

X 36) Identify & describe the function of the male/female sexual anatomy. Describe the following sexual dysfunctions: impotence & frigidity.

37) How do people go about selecting a mate? What are the stages of compatability that courting couples go through? Identify the skills necessary for a happy marriage.

38) Describe the components of a balanced diet. Be sure to include a discussion of the Basic Four Food Groups, the Modified Four Food groups, essential nutrients, other key food components & the benefits of the exchange system.

40) What are some special nutritional needs of athletes & vegetarians? What are the most common causes of dietary deficiencies in this country?

41) Describe & explain the health benefits of exercise in terms of physical & psychological well-being. Describe the three basic principles of exercise. Explain the difference between aerobic & anaerobic exercise & give examples of each.

42) Describe the need for periodic medical exams & the name of the tests that should be done on a routine basis. Explain the difference between a brand-name drug & a generic drug.

43) Identify the major chemical pollutants that are believed to endanger human health. Discuss the problem of toxic waste disposal, using Love Canal & Times Beach as examples.

4+| What is the "greenhouse effect", how is it created + what the consequences to our environment if nothing is done to reverse the process
describe the Clean Air act, its purpose, its impact, and the means by
which it is implemented + enforced.
5) Describe the condition known as Alzheimer's disease + identify
the causes of confusion, memory loss + disorientation in older people.
What are some emotional problems which are associated with aging?
What are some practical problems faced by the elderly?
6) Differentiate between bereavement + grief + describe how the grief
reaction may become pathological. Describe the roles that mourning
(funerals) play in our society's approach to dealing with death.
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